

Criteria Menu

- # 1: Walk to School Day
 - National Walk to School Day or have your own
 - Get parents involved
 - If all students are bused drop them off a mile from school
- #2: Jump Rope for Heart or Hoops for Heart
 - Sign up with American Heart Association
- #3: Grocery Store Tours
 - Sign up through Local Health Department (Contact Information in GMS Guide)
 - Must be at grocery store trained by UDOH or LHD
 - Only for third grade classes
 - UDOH will provide busing reimbursement
- #4: School Walk for Diabetes
 - Fundraiser for American Diabetes Association
 - Sign up with ADA contact info GMS Guide
- #5: Truth From Youth
 - 4th and 5th grade
 - TV, bulletin board or radio ad
 - Deadline: March
- #6: Teach Proven Effective Tobacco Prevention Program
 - Life Skills, Prevention Dimension, Project TNT, Media Sharp, Eglin Long-Horn of Nightshade County
 - If not on this list must get approval from Elizabeth Reeves, ereeves@utah.gov
- #7: Cafeteria Connections
 - Useful nutrition education for classroom and lunchroom
 - Order from McKenna Christensen, mckennachristensen@utah.gov
- #8: HealthierUS Challenge
 - By reaching the Gold level of Gold Medal Schools they qualify to become a HealthierUS Challenge school
 - Must go through application process
 - Call 801-538-7697 for more information

- #9: National Health Campaign
 - Ideas Red Ribbon, Green Ribbon, 5 A Day Month
- #10: Hold an Olympic Field Day
- #11: Allow community members to use physical activity facilities
- #12: Establish a School Health Council
 - Sole purpose of the council must be discussing health
 - School Community Council doesn't count
 - Use PTA Health Commissioner
- #13: Discourage withholding PE/Recess as a punishment
 - Students with behavior problems often need physical activity to help them settle down
 - Options for other punishment include additional homework, loss of additional computer time (not class computer time), or restriction from assemblies
- #14: Continuing ed for health, PE and tobacco prevention teachers
 - Provide opportunities for teachers to receive continuing education
- #15: Breakfast and Lunch Program
 - Provide both breakfast and lunch programs
- #16: President's Challenge
 - Must complete Fitness or Health Testing
- #17: Golden Sneaker
 - Students get points for physical activity
 - Contact the Utah State Office of Education for more information, 801-538-7807 or 801-538-7732